



January 2017



V-WOW Happenings

Calendar

- Ongoing: **Volunteer Needed!**
Ceres: Cooking and Eating for Better Health at the Forestville Wellness Center (2nd & 4th Wednesday 10:30-12:15): Help set up, participate & assist in the group, and finish with clean up.
- TBA (Feb?)
Interested in touring all of our WCHC sites? Check out the four health centers, one dental office, the Wellness Center and Teen Clinic.
- March 7th **Volunteers Needed!**
Give back Tuesday, 6-9pm at Rainbow Cattle Company, Guerneville. Help needed for set up (5pm) and clean up.
- April 22 **Marchers Needed!**
Apple Blossom Parade, Sebastopol: We meet early morning at Anahy High School for this classic event. We'll have plenty of hot coffee and snacks to keep you warm and happy.
- May 3 **Advocates Needed!**
Day at the Capital 2016, Sacramento: Join staff at WCHC's info table, attend event luncheon, and visit legislators, including Mike McGuire and Jim Wood.
- May 6 **Walkers and Volunteers Needed!**
Human Race, Santa Rosa: Walk this 5K with our team or help at the WCHC booth. This is a huge and entertaining event— and its over by 11am.
- May 20-21 **Volunteers Needed!**
Resorts in Bloom Garden Tours: Our annual fund raiser.

Contact Becca to sign up for these opportunities: rhowell@wchealth.org

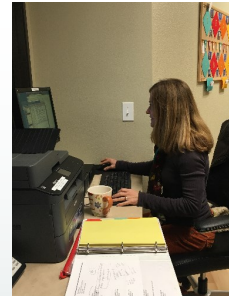
Welcome to 2017!

Our volunteers play an important role within the health centers and out in the community. With about 30 active volunteers and new volunteers coming in there are many faces and roles. Look at some of the different places you can currently find V-WOWS (Volunteer Wellness Outreach Workers):

- * Health Center Hosts: Greeting patients and connecting them with resources at the Sebastopol, Gravenstein and Russian River Health Centers.
- * Clean Day: Helping members of the Russian River Homeless community by checking them in, preparing lunch, and sorting food/clothing each Thursday morning at the Guerneville Vet's Hall.
- * Farmacy: Distribute CSA boxes to the community and offer fresh produce weekly.
- * Food Pantry Outreach: A resource to clients at different food pantries throughout West County connecting them with WCHC, health insurance, CalFresh, and much more.
- * Data Entry: Helping WCHC Quality Improvement staff keep up with data and to better understand our patients and community.
- * Event Support— with spirit and spunk, volunteers march to raise awareness in parades and lend a hand at different fundraisers and events throughout the year.



Jill (Volunteering since November) bears through the cold to connect people with resources at food pantries in Sebastopol.



Megan (volunteering since December) crunches the data four days a week with the innovation team.

Cars Full, Hearts Full

Secret Santa was a success again this year! WCHC partnered with the Volunteer Center of Sonoma County and collected 183 gifts to bring cheer to patients and families within West County. Thankful for the amazing work of Jeannine Rossi to help pull this project off!



Left: Stefanie (WCHC staff), right: Jeannine sorting gifts.



One of the many car trips.

Happy Birthday!

- *January: Jeannine Rossi
- *February: Thia Jackson, Bill Ruppert, Judy Bedient, Judi Connolly, and Robin Bowman.

Happy Anniversary! (Volunteering with WCHC)

- *January: Jeannine Rossi (4) and Virginia Valente-Russo (5)
- *February: Judi Bedient (2)

To stay up to date with WCHC check out our website: <http://www.wchealth.org>



West County Health Centers
Caring for our Communities

For sign up for events, questions, or to refer a friend please contact:
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